Peat, Nelson win 3rd straight title

By DONNA MORRISON
Staff Writer

In a fitting end to their four years of playing badminton at Niagara College, Tom Peat and Mark Nelson have won the national championships for the third year in a row, but not before losing one "tight game" against their rivals from last year in the finals.

As their coach, David Carpenter, said, for the same team to win the national championships three times in a row — considering the small size of the college as compared to other colleges — is tremendous.

Eric Dufour and Christian Brie from Quebec — with "a strong smash, the power part of the game" — defeated the champions 17-16 in extra points of the second game, March 21, the day of the finals; the national championships were held in Edmonton March 17 to 22.

"We had control of the first game 15-12," David said. And though they were defeated in the second game, "Tom and Mark didn't let the loss get to them."

David,who was chosen coach of all the Ontario teams competing, said in this game it seemed the out lines were moved in just enough so that whenever Tom or Mark hit something, it would venture just outside the lines. But he didn't want to take anything away from the way Quebec played against his team.

SAYS IT ALL

Though most people would become frustrated in the same situation — winning the first game, but losing the second — Tom and Mark whipped the opposition 15-5 in the final game to win the championships. "That says it all."

"Their presence on the court as well as off was great," David said.

"This has been our best season,"Tom said.

The competition was a bit stronger,"Mark said. "But we were a better team."

They defeated Team 1 from Alberta in the semi-finals before meeting Quebec.

See Badminton pg. 12

First Edition

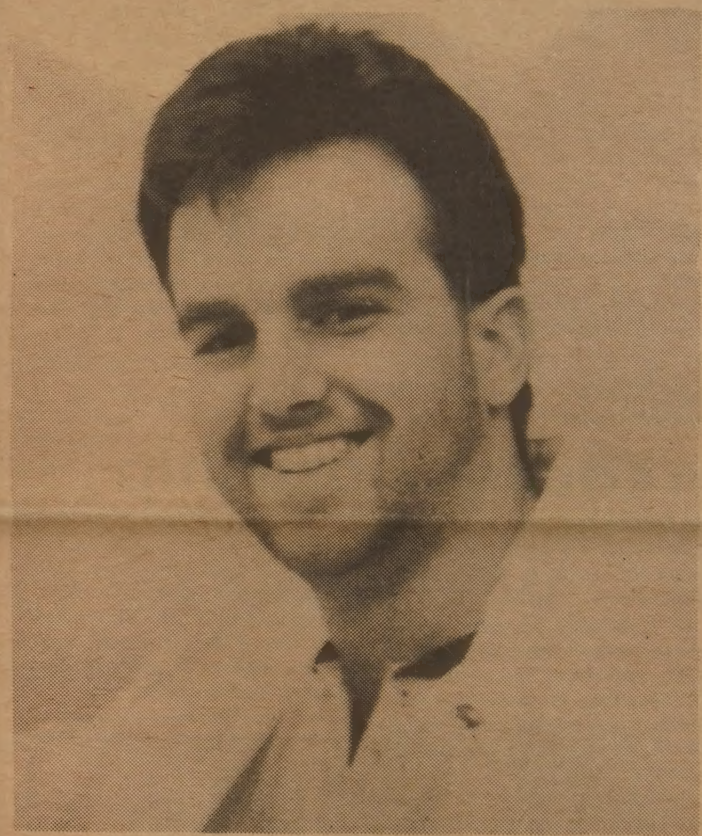
Published by the Journalism-Print Program, Niagara College, Welland, Ont.

Vol 10, No. 1
March 30, 1987
12 pages

NIAGARA COLLEGE
of Applied Arts and Technology
WELLAND CAMPUS
LEARNING
RESOURCE CENTRE

2 running for SAC presidency

JULIE AYRES
President



DARRYL NADEAU
President

2 VPs in without challenge

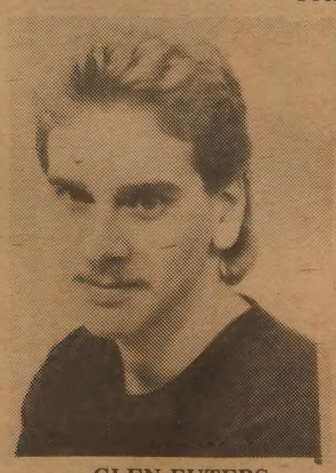
By JULIE DEBRUIN
Staff Writer

Two candidates are running as president of next year's Student Administrative Council. Nine more students — three of them already elected by acclamation — are seeking the remaining positions.

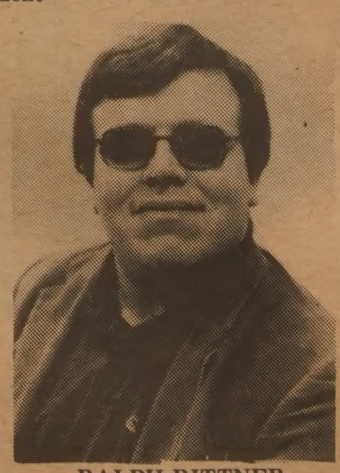
Julie Ayres, a second-year personnel management and industrial relations student running for president, already has some ideas to get students more involved in the school by planning day-time activities.

Darryl Nadeau, a second-year mechanical engineering technology student running for president, feels being on SAC will give him the opportunity to encourage students to become

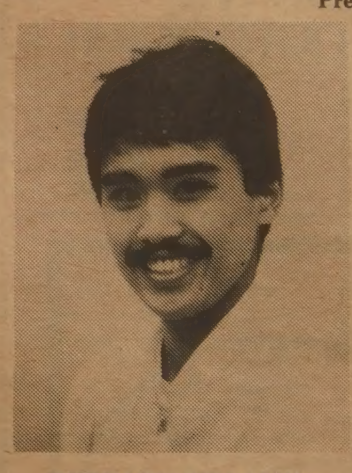
See SAC pg. 2



GLEN FUTERS
Vice President



RALPH RITTNER
Vice President of Finance



BERNARD VILLAMIL
Vice President of Finance

ED LEBLANC
VP of External Affairs

BARB MORRISON
VP of External Affairs

Holding blood donor clinic in gym today

A second blood donor clinic will be held in the gym today.

Usually one clinic is held annually in support of the Red Cross, but a critical shortage has prompted the need for another, Carri Emerick, vice-president of internal affairs, Student Administrative Council, said.

The clinic will run from 10 a.m. until 3 p.m. and SAC encourages full student participation to ensure its success.

Free coke and doughnuts will be served to donors after they have given blood.

Inside the News

April fool's

April Fool's Day will be April 4 this year — April Fool. Page 4.

English

Proper language use is an art that is lacking. Page 5.

Defence

Wen-Do self-defence gives women the choice between physical action and verbal self-defence in case of attack. Page 10.

DAVID "DL" WEBSTER
VP of Internal Affairs

KIRK MACDONALD
Vice President of Athletics

IRENE BOLIBRUCH
Vice President of Athletics

Who's who
In SAC election on April 7

PRESIDENT	Julie Ayres
	Darryl Nadeau
VICE PRESIDENT	Glen Futers
VICE PRESIDENT OF FINANCE	Ralph Rittner
	Bernard Villamil
VP OF INTERNAL AFFAIRS	David Webster
VP OF EXTERNAL AFFAIRS	Ed LeBlanc
	Barb Morrison
VP OF ATHLETICS	Irene Bolibruch
	Kirk MacDonald
SOCIAL CONVENER	Steve MacCarthy

From Page One

SAC elections

more involved in school activites.

VOTE APRIL 7

The elections will take place Tuesday, April 7, in the Tecumseh Foyer (in front of the library) and the Black Walnut cafeteria between 10 a.m. and 3 p.m.

Speeches by the nominees will be held Thursday, April 2, in the Hamilton Room at 12:15.

Other nominees are:

Glen Futers, first-year law and security, is next year's vice president by acclamation. His goals are to promote school spirit — which he feels is lacking — by holding more fund-raisers and organizing better pubs.

Ralph Rittner, first-year business accounting, is running for vice president of finance. He wants to become more active in the school and feels this position will give him valuable experience for the future.

Bernard Villamil, also a first-year business accounting student running for vice president of finance, feels his experience on his high school's Student Council will be useful in the SAC office. He chose this position because it is related to his field.

David "DL" Webster, first-year broadcasting, is next year's vice president of internal affairs by acclamation. He said he wants to make himself more available to students and their suggestions.

Ed LeBlanc, first-year law and security, is running for vice president of external affairs. He believes he has a lot to offer SAC and students because of his experience working with SAC in the past.

Barb Morrison, first-year fashion arts, is running for vice president of external affairs.

Irene Bolibruch, first-year fashion arts, is running for vice president of athletics.

Kirk MacDonald, first-year law and security, is running for vice president of athletics. He is heavily involved in intramurals and would like to see more people participate in them as well as in varsity sports.

Steve MacCarthy, second-year broadcasting, is next year's social convener by acclamation. He wants to see better pubs next year. He feels this position will be good experience for his future.

Simcoe's elevator locked

Vandalism causes hardship

The Simcoe Building elevator will be locked from now until the end of the term because of vandalism committed in the past few months.

The latest was last Tuesday when third floor controls were damaged. The end result will be that the elevator doors will be closed until the end of April.

"It is unfortunate a small minority has to ruin it for everyone," Ed Thompson, building maintenance supervisor, said. "But anyone who needs it, we will find a way (to help them)." Those who rely on the elevator should have their instructor contact Mr. Thompson; a key will be given to instructors.

"It is a regretable situation," Jack Spittle, plant and property manager, said. It is unfortunate the nice spring weather "must bring out the stupidity in some. Everyone suffers; it's a very great shame."

In February, elevator doors had to be replaced: the cost was $150. And doors had to be locked, resulting in some inconvenience to students who specifically use them to get to classes.

Though the college has a contract with a Hamilton firm for once-a-month maintenance checks, "Anything extra we pay for (like vandalism)," Mr. Thompson said.

When the college first opened, elevators were for service use only. Now students use the elevators, but if vandalism still happens, "The only defence we have is to lock it (the elevators)" and give keys to those who use it.

The elevator is usually locked the last week of school anyway, because more damage is done during that time, Mr. Thompson said. But with the recent vandalism, students will find the elevator doors locked now.

LET'S SEE YOU DO IT... OUTDOORS!

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Page 3

DST 3 weeks early

Every spring clocks are turned ahead one hour. The date for time change this year will be this Sunday, April 5, three weeks earlier than last year.

Bruce Levitt, huomor writer for The Canadian Press, said the reason for the early date is to conform with the United States.

It was not until the beginning of the Second World War that daylight savings time was seriously being considered, according to Collier's Encyclopedia.

In 1916 an act of Parliament legalized the use of daylight savings time in Great Britain. The entire United States adopted daylight savings time in 1918. In Canada the Daylight Savings Act of 1918 allowed daylight savings during the summer of that year; then the act was dropped.

This policy of daylight savings time is to be followed by all persons, firms and corporations.

In general most people are not bothered by the ritual of setting their clocks ahead one hour.

A representative of Maple Leaf Flour Mills in Port Colborne said the time change does not affect their business.

Tom Brittan, operations officer for the Bank of Nova Scotia, said the time change does not bother any local bank transactions. Mr. Brittan said the time change may "affect transactions regionally, like St. John's and Newfoundland," but the bank is closed for business on the day of the time change so there is no problem in local branches.

Home-owners seminar evaluates problems

An Ontario Home-owners Warranty Seminar will be held April 9 at Niagara College in room V-9, the first time this seminar has been held at a com munity college, Gord Goulty of the construction Technology Program said.

It will be a one-day seminar with two or three speakers discussing different aspects of residential construction. They will "emphasize, clarify and evaluate the problems en countered (in house building) and they will recommend to house builders practices to prevent these deficiencies," Mr. Goulty said

The seminar was provided by Hans Miethig, program co-ordinator of the program, and Mr. Goulty for the benefit of the students will receive the latest and most up-to-date information that the construction trade receives.

The seminar will encompass the first three seminars in a series given across the province and supported by the provincial government.

"Somebody in the provincial government is doing things right," Mr. Goulty said.

The faculty responded positively saying that the seminar was "most desirable and long overdue," Mr. Goulty said.

Drivers who insist on parking on grassed areas around parking lots are going to pay plenty for being too lazy to walk those extra steps. Plans are afoot to start towing the cars away because they do damage to the turf which costs the college a considerable amount each year for repairs. Cost of towing may be as high as $75, plus the cost of repairs to the grass. Photo by Doug Ives

Strict plans to tow vehicles if parked illegally on grass

Students and faculty are asked not to park on the grass around Niagara College, Jack Spittle, plant and property manager, said. Otherwise, they are running the risk of having their cars towed away.

"There are all kinds of parking in parking lot A," he said. "We just want them to use common sense."

This latest problem has resulted in grooves and ruts in the grass and if the problem does not diminish, the damage could become more extensive when rain comes, Mr. Spittle said.

Ten or 12 cars were towed away during the winter's parking problems. Although he does not like taking this action, it seems to be the only disciplinary measure that gets results, Mr. Spittle said.

"It got to the point where it had to be done," he said.

This parking dilemma is a spin-off from winter, when students were allowed to park on the grass because the ground was frozen, he said.

"To pay the cost of grass seed or sod is an expenditure we don't need," Mr. Spittle said.

Return to Romance fashion show dazzling success spring colors bloom

By CINDY CULP
Staff Writer

Bright colors and creative designs were the setting for the Return to Romance Fashion show last week.

Six shows were performed at the Niagara College Theatre Centre last Monday, Tuesday and Wednesday. They were put on by the Fashion Arts Program with help from the theatre centre.

Original designs from first and second-year fashion arts students and fashions from Le Chateau, Mitchell's, Elk's and the Fashion Club Boutique were shown.

Two radio and television students, Kent Chambers and Pat Zulnov, took turns announcing the show. Thirteen second-year fashion students and 18 first-year danced and swirled about the stage displaying their personal designs.

Colors

The first were shown by second-year students — pants and flowing skirts with complementary tops in navy, white, pink and cream.

There were bare-shouldered dresses in shades of pink, blue, and green; one-piece cotton jump suits in bright colors, and flight suits used for jogging, jumping or just plain fun. All of the designs were shown with grace and elegance. Bouncy, lacy, ruffled skirts with tops abounded. The colors chosen were spring colors or pinks and light blues. Long and body hugging, short and flirty skirts were also shown. Evening wear '87 included clean-edged, straight, narrow skirts in darker shades.

Creations shown for Le Chateau were white cotton dresses, denims and black dresses. Mitchell's dresses were in shades of blue, white, red and blacks, spring and summer fashions for the woman who dresses with a classic style.

Accessories were from Kadeeja Boutique, hair designs were by Kathy Critchon — Clayton John's, make-up by Aloette Beauty Consultants Laurie Szumowski and Kathy Critchon and the Theatre Centre students.

Seasons

Return to Romance '87 was a great success; it looks like a good year for spring and summer wear.

This was the first year the Fashion Show has been held at the Theatre Centre and the first time six performances were held. High school groups were able to attend the matinees.

Thanking the Theatre Centre and students for their help, Carole Timm, acting program co-ordinator at fashion arts, said, "We would like to increase our rapport with the Theatre Centre and to work closely with them on future projects."

PENNY ROSE

TINA MCCORKINDALE

SUE RAY

DIANA AUGER

Signs project

A color co-ordinated sign project costing $60,000 to $65,000, is being installed throughout the college to help new students and visitors find their way around more easily, Foster Zanutto, director of marketing and information services, said.

"Over the years we have had many complaints from students and visitors who couldn't find their way around the college," Mr. Zanutto said. "This is our solution to the problem."

The project is being funded through money given to the college by the provincial government. "The majority of the cost is on materials," he said. "The rest of the money is being spent on design, consultation and installation."

At three or four locations around the campus will be "primary information boards" showing the whole campus and each building, with a different color representing it.

The visitor or new student will then follow the colored arrows or panels, put up throughout the campus, until they reach their color destination.

First Edition

Editor: Helen Doan
Assoc. Ed.: Dianne Hart

Vol. 10, No. 1
March 30, 1987
12 pages

D. J. Malone, Publisher
Austin Jelbert, Editor-in-Chief
Barbara Blue, Managing Editor
Eileen Muir, Advertising Manager
Gordon Lawson, Photography Consultant

First Edition is the first opportunity for first-year Journalism Print students to demonstrate the skills they are learning. The first-year students will also produce the last two editions of the Niagara News this year during April while second-year students are on their annual field placement in the peninsula.

Editorials

Bikes cause chaos

With the nice weather upon us, bicyclists will be taking to the streets in full force, creating confusion and havoc for pedestrians and drivers. The continuing feud between those who ride bikes, and those who wish the bicycle had never been invented, is about to begin.

Pedestrians habitually scream that bicyclists should stay off sidewalks, while drivers scream they should be on them. And bicyclists plug their ears to both sides and ride where they please — on the right, on the left, along the middle line, facing traffic, against traffic. In short, anywhere.

Prior to the 1968 revision of the Ontario Highway Traffic Act, the rule specifically stated that bikes must be ridden on the right hand side of the road at all times. The revised act failed to include this rule, resulting in mass confusion for everyone.

Const. Bob Macara, 11-year veteran on the Niagara Regional Police force, said Section 127 of the new act states bikes ridden on roads must pull as far to the right to avoid a collision when being overtaken by a vehicle. Nowhere does the act specify the bike must be ridden at all times on the right. He said this means a bicyclist, riding on the left side of the road, would, by law, be forced to cross over to the right whenever being overtaken by a vehicle.

Of course, bicyclists have always known this rule. They may even have invented it. At last, the answer is known as to why they are forever bringing drivers to the brink of nervous breakdowns by making unannounced crossovers from one side of the road to the other. It would not be so bad if all bicyclists rode on the left and dashed over to the right when being passed. At least, drivers would have the advantage of knowing where to look. But it seems most bicyclists are unable to distinguish left from right. Some ride on the right and cross to the left; others ride on the left and cross to the right. Ambidextrous bicyclists straddle the white line so they are equal distance from either side.

At night, the confusion becomes chaos. Even if drivers knew where to look for bicylists, they would never see them. Most bicyclists belong to a secret brotherhood with rigid rules for night riding: wear the darkest clothes you can find, make sure you remove from your bike any lights of reflectors that might allow drivers to see you coming, and always ride two on a bike — it does not matter if Section 154, subsection 2, of the act absolutely prohibits this practice. By following rules one and two — dark clothes and no lights or reflectors — you guarantee drivers will never be able to give your description to police.

Keep up the good work, bicyclists!

Helen Doan

Time's running out for three Rs

What happened to the good old phrase — don't mar the grammar? Years ago, it was important in the school system for a student to learn formal spelling, grammar, structure, and proper word use; the system produced strong communication skills.

Somewhere along the road, formal teaching in grammar tapered off, and some people think formal training in grammar will cramp a student's creativity in his writing.

"In elementary schools, it does not matter if you write it properly as long as you understand what it means," Roy Castle, recently retired teacher and principal, said.

"Newspaper industries are hurting because students are graduating with poor writing skills," Murray Thomson, St. Catharines Standard editor, said.

Parents have been complaining for years asking that the three "Rs" be brought back into the school system: reading, writing, and arithmetic. Some teachers say there is only so much time to teach. Technology, computers and science take precedence.

"I'm afraid we'll take technology to its extreme and we'll lose our journalists," Mr. Castle said.

Progess is great but some things do not change. Businesses and professions still need employees who are proficient in English communication skills.

Secretaries need these skills to promote a company's reputation. Salesmen rely on strong English communication skills for their livlihood. Professions, like interior design, require top communication skills for presentations.

"Today, executives would rather hire arts graduates than business graduates because they can teach him the business but not communication skills," Mr. Castle said.

Speaking from my own experience, people who have not been taught good English skills are forced to take junior rather than senior positions in the work force. If they spend time and money to retrain in a course which demands strong English skills, they are faced with another problem.

Universities and colleges feel it is not their job to teach grammar because it should have been taught in high school. High schools feel it should have been taught in the elementary level.

How can a person improve in our society with this attitude? What hope do we have for our children as they strive for good education? Where does this circle end, as we pass our errors in English on to future generations — total illiteracy?

Dianne Hart

Careful! It's April 1

By DONNA MORRISON
Staff Writer

A call to the Metro Toronto Zoo...is a Mr. L. E. Phant there please, or Mr. Don Kee, or Mr. G. Raffe ?

What...King Kong is on top of the CN tower and it is published in the Toronto Star? What is this...some kind of sick joke? Of course not: it's April Fool's Day!

These incidents actually occurred during some memorable April Fool's Day, but some of the victims got their revenge. In the case of the Toronto Zoo, executive director Tommy Thompson ordered all those calling the zoo to be badgered until they bought a zoo membership or promised to visit the zoo.

Confusion

April Fool's Day, April 1, seems to be related to the idea nature fools mankind with sudden changes in the weather.

The day began as early as 1564, when France became the first country to switch from the Julian to the Gregorian calender. Out of the confusion — 11 days got lost somewhere in the change — arose "fool's day."

A movie was released last year entitled April Fool's Day; it was a gory horror-comedy with a strange twist at the end. Though the movie was not shown in April, those who saw it were considered fools: the movie was declared a bomb by movie critics.

It seems the media have led the pack with their various jokes and pranks. Swiss men turned up in the hundreds outside a parliament building in Berne, 1979. Reports of topless women demonstrating the demand for nude beaches piqued the men's curiosity. Imagine the huge disappointment upon hearing it was just a silly joke!

Sucker

April Fool's Day resembles other festivals: the Hilaria of ancient Rome, and the Holi festival in India. In France the fooled person is a poisson d'avril or April fish; in Canada the victim is labelled as a sucker, and there are many of them.

Jokes will be around forever, and there is always someone who delights in fooling friends and family members. So it is time to apply those thinking caps, for the fun day is soon approaching!

Get the old lungs in working gear, for everyone will be yelling that well-known phrase, April Fool!

St. John Ambulance
The need never changes.

Panama next stop for former college director

By TORY EDWARDS
Staff Writer

A trip to introduce fund raising methods to improve the educational system in Panama City, Panama, is next on the list for Eric Robinson, former director of international labor and labor studies at Niagara College.

As international fund raiser, Mr. Robinson will meet with school advisory board and government officials in Panama to educate them in methods of local and international fund raising. Money raised will be put towards modernizing Panama's educational system.

Mr. Robinson and his wife, Anne, of Fenwick, were to leave last Wednesday. They recently spent a successful two years in Central America, north of Panama, in Honduras. They assisted in a project to re-settle some of the population from poor to more lush land areas where more and better food could be grown. Mrs. Robinson, a registered nurse, helped the people with guidance on food and nutrition, disease and effective gardening methods.

"Panama is not a wealthy country," Mr. Robinson said. "The average income is $800 per year." The people are "peaceful yet very proud, independent and dynamic. The people realize the importance of education and they want quality schools and to be able to pay their teachers better salaries."

Funds raised for Panama's schools will come from private and corporate donations as well as from international sources such as The Bureau for Interntional Education and the Council for Overseas Development of Education.

Mr. and Mrs. Robinson have dedicated a major part of their lives to helping the people of these Central American countries and their goal some day is to spend six months of the year in Canada and six months in Honduras.

Focus on English

English hurts papers

By DIANNE HART
Staff Writer

Students are graduating with poor writing skills, and it is hurting the newspaper industry, Murray Thomson, St. Catharines Standard editor, said.

"It's reached the middle level of the newsroom," he said. "It is hard to get copy editors that know how to edit properly."

When a reporter brings in poorly written copy, a copy editor cannot correct it because he does not understand basic grammatical structure like noun-verb agreements and tenses, he said.

Niagara Review editor Don Mullan agrees it is getting harder to find people with good writing skills. Both editors are concerned for the newspaper industry if writing skills are not improved in the school system.

With 200,000 words to cover daily, there is no time for older staff members who do have the basics to teach these skills to reporters who lack them, Mr. Thomson said.

MAKE SENSE

"Our competition is time," he said. "When we talk time, it is even more important for a person to write properly. A reporter must convey what he has to say in fewer words and have it make sense.

"When a person does not understand the basics, he is crippled in his ability to use language to its greatest effect."

He said 15 years ago everyone felt the newspaper industry would be dead by now because television would take over the news. However, newspaper circulation is higher than ever.

"In the 60s, everyone said let's put the daisies between our toes and go and have fun," Mr. Thomson said. "They went into the daisy picking country and forgot about the waterworks.

CHORES,TOO

"The same applies to English grammar. They forgot the chores — learning when to use a comma, period and semi-colon."

Proper language use is an art and the people with the skills hold great power, he said. Churchill won World War II by using language as an emotional tool to stir the people to fight a common enemy.

"This art is lacking at the university and college level because language skills are not being taught in the lower grades where emphasis is placed on content rather than spelling, grammar and structure."

"How are students to learn proper language structure when marks are not deducted for these things?"

Mr. Thomson said elementary teachers must not only teach language structure but make it interesting. "English is fascinating!" he said. "It takes the right person with the right personality to make it exciting."

Mr. Thomson receives many job applications. "Now and again, one will stand out. It hits you between the eyes. It's always because it's well structured."

He feels grammar should be compulsory for journalism students. "It teaches students to handle the tools of the trade, and determines whether they should be in this business. If a student finds language structure a drag, it's crazy for him to think of a journalism career... but he should be given the chance to find out."

Schools 'forget' English: teacher

By DIANNE HART
Staff Writer

In the 1950s, schools gradually withdrew from teaching grammar formally. It was a problem then and it still is today, Roy Castle, former teacher and principal, said.

"When the Russians launched Sputnik I, the first artificial earth satellite, on Oct.5, 1957, the Americans screamed throw everything out of the schools except math and science; forget English, history and geography," Mr. Castle said. Americans need engineers, chemists and physicists so they can catch the Russians by putting a man into space.

Mr. Castle started teaching in 1947, and he was convinced then schools had to teach grammar, structure and proper word usage in elementary grades.

Although teachers were still using text and work books in the 1950s to teach parts of speech and poor sentence structure, it gradually tapered off. There was more emphasis put on freedom in terms of writing than the mechanics. "I was told it should be taught incidentally not formally," Mr. Castle said. "There was an atmosphere through all the schools — it doesn't matter if you use English correctly — the bottom line is — do you understand what I'm saying?"

"Students must have formal lessons in grammar in elementary schools," he said. "The student must reach the point where it becomes automatic." After years of practice, the student does not question the rule, the structure becomes part of him.

BECOMES A PART

Later in years, Mr. Castle found it difficult to communicate with his students in the senior level of high school. Many students had not been taught the basics in English at the elementary level.

"I would say to a student there is no agreement here between subject and verb," he said. "When I asked the student to point out the verb, I was shocked he did not know what a verb was."

Mr. Castle felt he should not have to teach a student in Grades 11, 12, or 13 the basics in English. He found it very difficult to talk to the students because they could not speak the same terms. It would take him "ages" to correct a simple point because the mechanics of the English language were not secure in the student.

DEMAND SKILLS

Mr. Castle has concern for students who intend to go into professions that demand strong communication skills, such as secretaries, journalists, sales, and even executives of corporations.

"Top executives who look for people they can promote today, would rather hire an arts graduate than a business graduate," Mr. Castle said. "They say they can teach a student the business, but they can't teach him the skills of communication."

He said that is "quite a switch" because the business graduate at one time was the road to success. If a student had an MBA, Business Administration, he was going to go through the business. Today executives say the business graduate can only talk about debits and credits, profit and loss statements, and taxes.

Executives say there is something special about an art graduate who has taken languages, literature and communication skills. This is the person they can "shove up the ladder." He can handle himself wherever he is because he can talk to people, write letters, write articles, and make presentations. "He can only do this if he has the strong communication tools," Mr.Castle said.

"Strong grammar skills are important even in the world of business."

Recycling more than passing fad

Yesterday's fads of hula hoops, the twist, cramming people in Volkswagens, panty raids, bouffants and swallowing live goldfish have come and gone, but recycling is here to stay, Mary Jane Jarvis, a program coordinator for Niagara Recycling, said.

Niagara Recycling, a non-profit sister company of Niagara Training and Employment Services, concerns itself with recycling in the Niagara peninsula.

Recycling is "a cheap, energy-conserving and logical alternative to waste dumping," she said. "It is good for the economy, environment and public health and awareness."

A new curbside recycling program sponsored by Niagara Recycling enables families to take part in the recycling process in their homes by collecting newspapers, glass and steel cans.

Blue boxes, containing a direction pamphlet, were distributed by Niagara Recycling door-to-door in rural neighborhoods.

"Curbside pick-up is ideal for families and is very convenient because people can keep them in their homes," Mrs. Jarvis said.

A $5 payment for the boxes was a joint effort between city municipalities and the Ontario Melting Recycling Program.

Recycling's popularity has grown from 12 to 15 per cent to 95 per cent in several months due to the program's growth. Though recycling is fairly new, it is here to stay, Mrs. Jarvis said.

Canadian culture elusive, not defined

By PATRICIA GLEADALL
Staff Writer

Everyone refers to an "elusive" Canadian culture. This is exclusive to Canada. No other country in the world tries and fails to define its identity. Perhaps that is part of it.

Oh, it's there, all right, but it's like the wind. You cannot see it or touch it, but you sure can feel it.

When you ask anyone, you get essentially the same answer. To arrange an argument, ask two or more at the same time.

"Yes, we have." "No we haven't." Often, without realizing it, people will find themselves giving opposite opinions and objections than they started out with.

Charles Lynch, syndicated columnist : "The Canadian culture is splendid. It's based on worrying about the Yanks. If we ever stop worrying about the Yanks we won't have any culture, but they are not a threat to our culture. We indulge them. I always say, 'Let the bastards in and we'll fleece them!'

Craig Swayze, assistant managing editor of the St. Catharines Standard : "I think we do (have a Canadian identity). Maybe we're at a loss here in Southern Ontario because we are so close to the States and that sort of thing."

"Can you define it?"

"Probably not. When I think of some of our culture, I think of Rita McNeil and the Cape Breton Symphony Orchestra and then of course, there is your Quebecois type of culture. My son spent four years in Newfoundland and played in an orchestra with Peggy Duff. Then the prairies are an entity unto themselves. I would find it difficult to have to sit down and write what Canadian culture is. I think the problem with us is that we are exposed to so much of what the U.S. produces in 15 to 20 hours a day type of deal and we only get exposed to real Canadian culture very infrequently; sort of have to go out and hunt it up."

Joe McCaffery, St. Catharines mayor: "I, myself, think that Canada and the culture of Canada is the greatest thing in the world. As a young man I travelled in the army and in the last little while I go down to the States. I've just come back from Trinidad. They are very hospitable there and everything but, myself, I can't think of any place in the world that can compare with Canada. I know we hear many times that a lot of people are quite critical of Canadians per se and they have no identity. I have to disagree with that. The people I meet all have identity. I think Canadians can stand up and be counted any time, any place. We are easy-going and we have the biggest heart there is. But it's (Canadian identity) there. You can't explain it, but it's there."

Jeanne Beattie, author and lecturer : "This argument has been going on for 4000 years when I was young. Perhaps it's just fashionable or maybe it's part of the whole thing. We have a tendency to act like 'Gee Whiz' or 'Are we really?', but we've got it. We've got it in medicine, musicians, writers, literature. A lot of people who claim they are Canadian can't be bothered to look for Canadian culture, so much of it goes south of the border where the money and recognition are.

But it's a funny thing. Whenever there is a write-up or reference to these people, it is always 'Canadian born' or 'still a Canadian'. Often when introduced as Canadian, the phrase 'and proud of it' is added. Then there is that marvellous French culture that we've had since the beginning."

You see it far, you see it near, that damned elusive culture here.

Self-taught Six Nations artist carves legends in soapstone

By CINDY LOGAN
Staff Writer

Grade 13 will no longer be offered at Cayuga Secondary School after June 1988. One of the students to take advantage of this soon-to-be extinct grade is Sharon Williams.

Sharon, a tall, dark, pretty, slender young woman, lives on the Six Nations Indian Reserve with her family. She is an accomplished stone carver, who has shown her work in many places in Ontario and New York State.

Sharon started carving soapstone in 1981, and she is basically a self-taught artist. Her brother and father have a strong influence on her work, because they carve and it was through them that Sharon first became interested in the art.

The steatite Sharon uses comes from North Carolina and it becomes brownish in color when a clear lacquer is applied. The greenish stone, commonly found in Inuit carvings, can only be found up north and is becoming scarce. Sharon prefers North Carolina stone because it is softer, more easily worked, less brittle and does not pick up the oils from people's hands as readily as the green stone will.

The ideas for Sharon's carvings come from legends she was told while growing up, or from those she has read. She can sometimes picture the finished carving when she first handles the stone.

SHARON WILLIAMS

"It's as if I can see what's in the stone, just waiting to be freed," she said. "Many people who carve have that feeling — whether it's stone or wood that they work with."

Contrast

Sometimes she will mix other stone in her carvings to create a contrast in colors. Pipestone, reddish in color, is often favored for inlays or feathers.

Sharon's carvings have enabled her to travel widely. Every May she is invited to the Tyendinaga Reserve, near Deseronto, for an annual festival. In February 1986, Algonquin College in Ottawa asked her to show her work. Cayuga Seconday School commissioned her to make 25 carvings for appreciation gifts the school officials were presenting at a banquet.

When she finishes high school, Sharon plans to attend college. She would like to be a physical education instructor. She works well with children and taught carving at a craft day camp on the Six Nations Reserve last summer.

Sharon is the youngest in a family of eight children. Most of her family carve or have carved in the past, and all can do some type of handicraft. Her brothers and sisters attended Cayuga Secondary School, but Sharon is the only one to go on to Grade 13.

New team next fall

A demand from students has prompted the beginnings of a volleyball team. In October of the next school year, tryouts for a new women's volleyball team will be held.

Niagara College has never had a women's volleyball team before. The team will compete on an intercollegiate basis, but Judy Halaiko, who will help coach the team, does not have "great expectations of winning." Because it will be the first year the team will compete, it will be a "building" year to test and discover the local athletic talent available.

The team will compete in Tier 2 of intercollegiate sports. It is less competitive than Tier 1, but the team's main goal will be to have fun and get established.

The team will have some exhibition games in November and December, and must compete in two or three compulsory tournaments held in early 1988.

Any full time student or anyone playing varsity sports can try out for the team. The team will be funded the same way as other school teams — from student fees given to the team through the Student Administration Council.

A "pretty good turn out" is expected since it was students who asked about forming a team, Judy said.

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Students from the Niagara College Theatre Centre performed a delightful collection of vignettes reflecting Canadian culture in The Suicide Meet on March 20. Joel Rinzler, centre, directed members of the Grapevine Theatre, formed by students to put on independent productions.
Photo by Susan Wray

Grapevine's 1st show a success

By SUSAN WRAY
Staff Writer

In a reflection of Canadian culture, the Grapevine Theatre Company's first production delighted its audience with a collection of vignettes at the Niagara College Theatre Centre on March 21.

In The Suicide Meet by Mary Humphrey Boldridge, the mostly humorous skits were performed by a cast of 10 who moved easily in and out of a variety of character roles.

Independent

The Grapevine Theatre was formed by students of the Niagara College Theatre Centre to put on independent productions.

A simple set, composed of only a table that housed various props, was sufficent as the humorous dialogue and the energetic cast held the audience's attention.

A talented group directed by Joel Rinzler, they must be commended for a performance that kept their audience in high spirits, mastering the essence of each character with great precision.

As a country bumpkin whose luck has landed him in the midst of the upper class, Jeff Dineen draws hearty laughter from the audience while comparing his life of leisure to the good old days on the farm. His wife's major concern revolves around what she should wear. "Alberta's been good to us," he tells the audience, followed by a snort.

Another scene finds a young man following his life's dream to become a farmer. In a quest for money to fulfil his dream, he opens a massage parlor, sells cheap porno flicks and quickly rises to the top of this profession as The King of Sex.

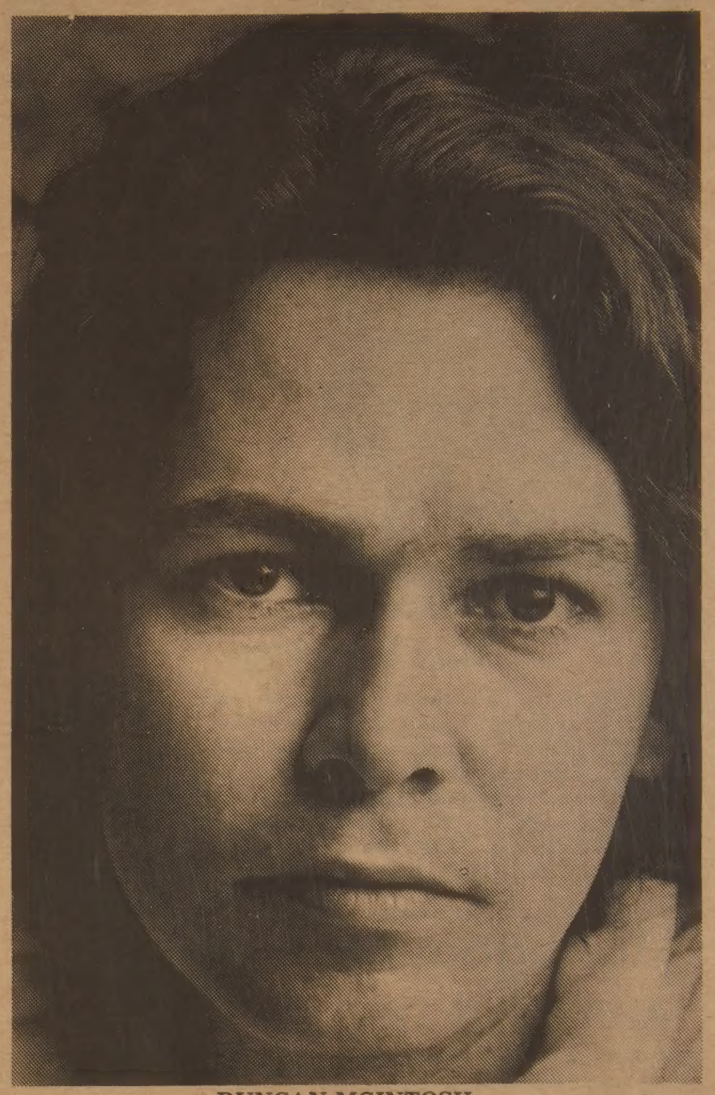
Humor

The play wound down with a humorous skit as the cast lined up as school children to answer the question of what it means to be a Canadian. Facial expressions were comical as they waited patiently for their turn while one member struggled to restrain mother nature.

An absolute delight, the Suicide Meet was a successful beginning for a talented group of individuals.

Entertainment

Noel Coward's classic epic Cavalcade had its debut at the Shaw Festival at the end of the 1985 season, and was the smash hit of the 1986 season.



DUNCAN MCINTOSH
Assistant to the Artistic Director

Niagara-on-the-Lake

26th season for Shaw Festival

By ELIZABETH FINLEY
Staff Writer

The Shaw Festival in Niagara-on-the-Lake is preparing itself for the start of its 26th season.

The season will run from April 29 to Oct. 18. Niagara-on-the-Lake will become home to visitors from all over Canada and the United States who will have come to see the exceptionally fine theatre that has made the Shaw Festival one of Canada's greatest theatrical attractions.

The Shaw Festival comprises three theatres, all in Niagara-on-the-Lake. They are the Festival Theatre, Court House Theatre, and Royal George Theatre.

Focusing on the time period of about 1850-1950, the festival presents the works of George Bernard Shaw and his contemporaries. The productions consist of afternoon and evening performances, lunchtime theatre, and "Risks."

Duncan McIntosh, the multi-talented assistant to the artistic director, is celebrating his seventh season with the festival. Mr. McIntosh is a director, actor and choreographer, but has spent most of his time with the festival directing.

Together with artistic director Christopher Newton, Mr. McIntosh co-directed last season's spectacular, Cavalcade. This season will see a variety of new shows presented. Marathon 33, to be shown at the Festival Theatre and directed by Mr. McIntosh, will be 2½ hours in length, include an eight-piece band, and have a cast of 32 actors who will dance the entire length of the show.

The "Risks" consist of productions that exemplify the festival's dedication to excite and entice their audiences. This season's Risks include two productions that have been dubbed "hot house plays from the 1890s." Salome and Playing With Fire will open on Aug. 14 at the Court House Theatre.

"The Risks are plays that are not generally performed, not for the general taste, and the theatrical equivalent of frogs' legs," Mr. McIntosh said. "They are rarely performed, and may or may not intrigue people. For those who do appreciate them, they are wildly exciting, and a lot of fun. [George Bernard] Shaw broke the line between what is reality and what is not. That is why there are risks."

Consistently open to new ideas and challenges, the Shaw Festival works toward broadening the potential of its employers. The Academy, a centre that has been formed within the company, is used to research plays, and to train actors, directors, and playwrights. Formed by members of the company, the centre also provides an opportunity to study history and art, as well as voice and dance exercises.

"It is a place to learn, research and develop our product," Mr. McIntosh said. "We must meet the demand for excellence on our stages."

The Shaw Festival has already surpassed a record $1.5 million in ticket sales early in the season, and projected box office receipts for 1987 are $5.6 million. Last year's season saw similar success, with an 87 per cent paid attendance.

Mr. McIntosh sees the festival's theatrical growth on two levels: first, that the company was able to maintain the theatre by way of mounting such things as farces, musicals, and the "lighter" works of George Bernard Shaw; and second, by the ability to give the public what it wants.

"We're the offbeat. There are popular successes and artistic successes, and we try to keep the two married, or on the same line."

Mr. McIntosh describes the productions at the Shaw Festival as modern classic plays. "We take a fresh, uptown look at those works."

In foreseeing the Shaw Festival's next 25 seasons, Mr. McIntosh cites important goals in maintaining the Festival's level of excellence.

"To continue being ahead, to stimulate, to provoke, to protect the spirit of learning, and to protect the trees in the garden outside so that they will grow up big and strong. This operation will grow to be a leader of artistic thought as long as it is not cut down."

Two Retiring

Muriel Flynn, left, and Angela Martin, right, retired March 12 after teaching 17 years at Niagara College. The two women, both registered nurses, taught in the Health Care Aide program. A surprise party was given them at Mt. Carmel campus by their husbands. Among the guests at the party were Doug Rapelje, director of Sunset Haven; Eric Watson, Fred Habermehl, dean of the School of Applied Arts and Health Sciences; and Robert Baddeley, master of ceremonies.

Photo by Martin Pokol

Scout membership drive a first

By CINDY LOGAN
Staff Writer

Scouts Canada in the Niagara District is gearing up for its first membership drive. There are 25 chapters in the Niagara Falls area. The aim of the Boy Scouts of Canada is to help boys become resourceful, responsible community members by giving them the opportunity for their development: physical, mental and social.

Scouting was first introduced in Canada in 1908. Today, more than 300,000 boys and adults are involved in Boy Scouts of Canada in every province, the Yukon, the Northwest Territories, Arctic, and in armed forces bases overseas.

"This is the first year we are going into a recruitment campaign," Bob Carlaw, executive director of Scouts Canada, Niagara District Council, said. "In the past, we relied heavily on word of mouth to bring us new members." The scouting office is giving buttons with catchy sayings for members who manage to "land a leader" or "bag a beaver."

The Niagara District Council office is sending out a mass mailing, Mr. Carlaw said. Many people have forgotten what scouting can do for boys, or they did not know what scouting could offer, he said. Membership is voluntary and open to any boy who wants to join.

Scouts Canada does not operate the packs, but works in co-ordination with community organizations, churches, civic clubs, or school organizations. The community groups provide the leadership and Scouts Canada supplies the programs. Scouting has an adult training program to help beginning leaders learn to work with the boys and gain skill instructing specific program activities.

The five program levels are offered. The Beavers program is geared for boys five to seven. This program was started in 1974 and became the fifth section in scouting. It is mainly to allow younger boys to experience a sense of sharing and a feeling of belonging.

The Wolf Cub program, started in 1916, is designed to help boys eight to 10 learn to work and play with other boys in a group setting. It develops a beginning skill in hobbies or crafts and assists them in developing a sense of responsibility.

"We structure the program to the boy — not the boy to the program," Mr. Carlaw said.

Management student wins Kit typewriter

What are the chances of winning a typewriter from Campus Kits when they send out entry forms to all 22 community colleges and the universities in Ontario who want them?

Well, ask Sandra Hogeveen who takes retail management at the college; she was one of 10 people who won a typewriter after filling out and mailing an entry form from Campus Kits.

"I was shocked," Sandra said after a student had informed her of the win. "I didn't even know I had won at that time."

What are the chances of another Niagara College student winning the second typewriter?

Andrew Nasciminto did, but was unavailable for comment at press time.

"This was the first time I entered a contest of this nature," Sandra said. Now instead of trying to get first bids on the typewriter at home, she can use her own.

SANDRA HOGEVEEN

Takes Cup 5 times

For the fifth year in a row the Corpsuckle Cup has been won by the Ambulance and Emergency Care program. In the winning class, 89.5 per cent of the students donated blood.

The college's annual blood donor clinic was held Nov. 27. A second one is planned for today. Jacqueline Robarts, college president, presented the award to Steve Clifford, class president, in front of the winning class last Monday. Miss Robarts congratulated the class and asked them to encourage other classes to get involved.

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Learning to ride horses makes a different holiday for Sally Lounsburg, left, and Tasha Shultz at the Danson Farm Camp for Kids in Niagara Falls. Photo by Pat Barevich

Kids go to Niagara Falls camp, learn to ride, care for horses

By MARGARET BARTLETT
Staff Writer

While most children spent their March break sleeping late, watching television and playing with friends, 20 children were learning to ride horses in a week-long Camp for Kids, in Niagara Falls.

Children, age six and up, learned to ride, groom and feed horses, clean stalls, and take care of saddles and bridles. The cost was $130 per child.

"Ninety per cent of the kids had never been on a horse before, but by the end of the week they were jumping," Debbie Barnowski, owner of the farm, said. "The children were safe. They were riding show — not trail — horses."

Debbie has owned Danson Farms for two years. She boards, leases and trains horses. She rode show-jumping horses for 16 years before buying the farm.

Worth it

"We don't see a lot of financial gain yet, but it's worth it because we love it," she said.

The camp ran from Monday, March 16, to Sunday, March 22.

WERE TESTED

On Saturday the children were tested on their riding and grooming skills, and knowledge of the horse and tackle. Children who passed the course received a horsemanship certificate; all the children received Danson Farm badges. Children competed in a horse show on Sunday.

Debbie and two full-time instructors give group or private lessons in English and western riding throughout the year. Group lessons are $13 an hour and private lessons, $18. As well, she runs a fitness program on horseback which attracts many adults.

This is the first year for the Camp for Kids, but because of the good response another camp is planned for summer.

Spring busy time; beekeeper's delight

By JULIE DEBRUIN
Staff Writer

Honey. Men call their sweethearts by this name. Pooh bear lives on it and it goes great with a peanut butter sandwich, or on toast.

Spring is the busiest time for bees and their beekeepers, William Chambers, a Welland resident who keeps bees as a hobby, said.

Many bees die over the winter because of the cold and damp. Once a week, they need to be fed a mixture of one part water, one part sugar and an antibiotic to keep them healthy. (They are fed a couple times in the fall to help them pull through the winter.)

Mr.Chambers has three colonies. Each colony produces 50 to 60 pounds of honey a year which is harvested in the fall. Beeswax is collected with the honey and is used in lipstick, furniture polish and certain types of candles.

BAD YEAR

Last summer was a bad year for honey because of the cloudy conditions. Bees rely on the sun for navigation and rarely go out on cloudy days. They do not become active until the temperature rises above 12 degrees, Mr. Chambers said.

The Niagara area is not suitable for producing honey because of the lack of honey-producing flowers; however, fruit growers in the area pay beekeepers to have the bees pollinate the flowers on the trees so they will mature into fruit. These flowers have little nectar which the bees need to make honey. Areas farther north of here are the good honey-producing areas, Mr. Chambers said.

Mr.Chambers became interested because his father kept bees. He started seven years ago with one colony. The bees were bought from a supplier who has them shipped up from the southern states — usually Texas.

Bees are sold by the pound with a queen bee who lays the eggs that supply the colony with 500 to 1,500 bees a day. (It takes 21 days for an egg to mature into a bee.) A pound contains about 5,000 bees which sell for $25 to $30. A strong colony will have 50,000 bees.

Very little equipment is needed in keeping bees: the bees, a super (the box in which the bees are kept), frames which bees store their honey, gloves, a hat with a net and a smoker. The smoker is used to pour smoke into the super which makes the bees hungry and they gorge themselves with honey until they can no longer fly.

Honey dates back to the early Roman times. They used it to sweeten drinks and make candy. It can be found in nearly every country of the world.

Honey may make up a small part of our diet, but without bees, there would be none of those pet names like honey-bear, honey-bunch and honey-pie.

Campbell re-elected

Doug Campbell, 48, has been re-elected president of the Niagara Administrative Staff Association. His second one-year term started Jan. 1.

Other members of the executive are: vice-president,David Davies, chairman of creative arts and human services division; treasurer, Doug Weeks, operations supervisor; and secretary, Sheila Cowan, executive secretary of property and plant services.

Executive members are Louise Bardswich, director of the computer centre; Pat Della Valle, supervisor of shipping and receiving; Bette Ferguson, director of student services; Anthony Backler, chairman of chemical, computer, electrical, electronics division; Eugene Gillies, manager of continuing education services; and Ivar Noren, chairman of mathematics, economics, part-time studies and development division.

Mr. Campbell works full-time as a Special Projects Officer within the Planning and Development Department at Niagara College. This leaves his lunch hour and evenings to be spent in satisfying his responsibilities as president of NASA, he said.

There are three divisions of staff within the college: support staff, for example stenographers and secretaries; faculty, anyone who does teaching work; and the administrative staff, anyone involved in management. It is the administrative staff that is eligible to belong to NASA.

About 82 people belong to the association. They are widely spread throughout the peninsula, which makes, it a "challenge to exert some common communication flow in such a large group."

The association is responsible for identifying and representing the views of its members, reviewing working conditions, terms of employment, benefits, and other related areas.

Mr. Campbell is aiming at full participation in affairs of the association by its members. This way the views supported by the association by its members. This way the views supported by the association are guaranteed to be supported by the majority of its members.

Close to 50 per cent of its members attend meetings regularly. This is generally good because it is hard to find a time and date that most people are free to attend, Mr. Campbell said.

He is hoping for some well-attended events, like general meetings and suppers, to "form a fraternal cohesiveness that will assure a friendly flow of communication among the members."

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Sports

Women's week offers Wen-Do, physical, verbal self-defence

Wen-Do self-defence gives women the choice between physical action and verbal self-defence in case of attack, Kim Simon, Wen-Do instructor and director of the Niagara Region Sexual Assault Centre, said March 19 at a Women's Week demonstration.

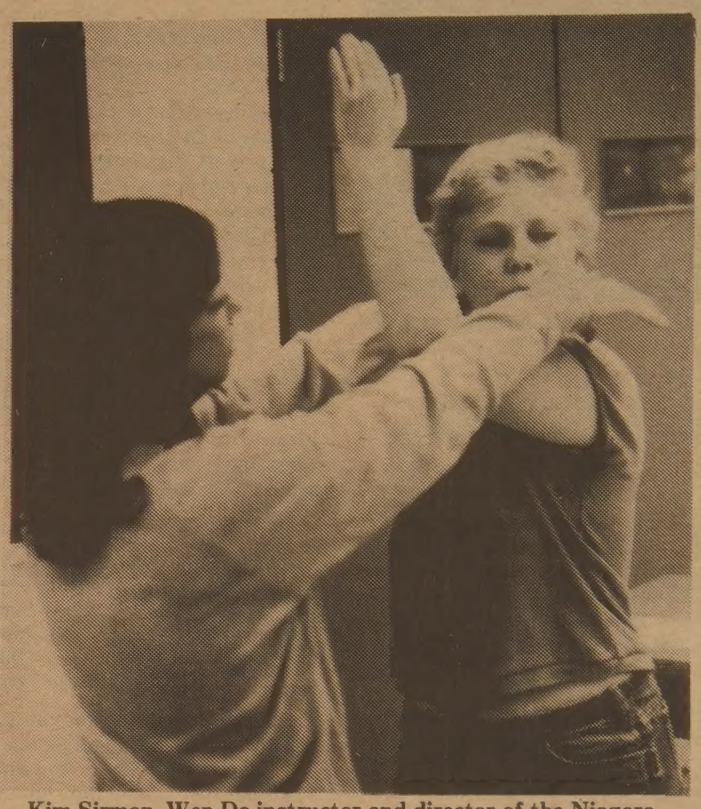
Wen-Do trains women to get out of situations that they feel uncomfortable in, to trust their feelings and to act upon what they feel, Kim said.

Started 13 years ago by a Toronto family made up of brown and black martial arts belts. Wen-Do trains women to use what women consider their weaknesses to defend themselves.

Voice is also an important part of Wen-Do training, sometimes a good way to scare off an attacker without any real self-defence needed.

Wen-Do combines four elements in its development; surprise, because few people expect a woman to be capable of defending herself if the attacker is bigger and stronger; the circular motion of the body, which can maximize physical strength; using the larger parts of the body against smaller; and smoothness of motion to maximize strength.

Kim said, "Be smooth rather than fast or jerky and really focus to use 100 per cent of your strength."



Kim Sirmon, Wen-Do instructor and director of the Niagara Region Sexual Assault Centre, demonstrates how to break a choke hold with volunteer, Jo-Ann Baernstein, doing the choking. Mrs. Simon performed the demonstration in honor of Women's Week. Photo by Anne Gable

Wen-Do teaches an awareness, and avoidance technique coupled with action, attack training to help with self-defence, Kim said.

Kim said nothing ever works 100 per cent of the time but you have to try anything that might work to get out of the situation.

Big Brothers a boon

By LENNA MASON
Staff Writer

Those who have an older brother or sister can relate to the experience of having someone with whom to share feelings or to go to the movies with and delight in sharing a bag of freshly buttered popcorn. Someone who is concerned enough to help fix a broken bicycle or a favorite toy.

Many children, however, do not know what it is like to feel these experiences; the Big Brothers and Big Sisters associations are there to help fill the void.

Most of the children who apply for a big brother or sister come from single parent families, Stan Baerg, caseworker, said.

Mr Baerg interviews both mother and son and makes assessments. He looks into the boy's background, his interests, his home and social life and his specific needs in order to find him an appropriate big brother.

HELPS BOTH

Being a big brother can be beneficial to both the big and little brothers, Mr Baerg said. The boys enjoy being introduced to new activities, and having someone who comes to see them once a week offers them stability. A big brother may portray a role model for the little brother. All of these things are positive aspects which children can relate and respond to.

"You get a lot out of knowing the child is waiting by the window for you. Sometimes big brothers receive thank-you notes which reflect the positive aspects of being a big brother."

It means a lot to the kids to have someone to spend quality time with, he said.

The big brothers are informed of up coming events. The association has an annual Christmas party and group activities including attending Buffalo Sabres and Toronto Blue Jays games. Zoos, circuses and movies are always good places to take a little brother or sister.

The Big Brothers Association caters to the needs of anyone from the ages 7-16 years-old. There is a waiting list of about one year before a child receives a big brother or sister due to a lack of volunteers, he said.

To qualify to become a big brother or sister a person must be over the age of 18. Three references are required, and a form must be signed enabling the association to do a police check. Anyone interested need only to pick up the phone and call the association in their area, he said.

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Les fonds alloués au Régime d'aide financière aux étudiants de l'Ontario (RAFEO) ont été augmentés de 17 pour 100 pour l'année d'études 1987-1988.

Quels sont les principaux changements?

- augmentation des allocations de chambre, de pension et de dépenses personnelles;
- réduction de la contribution des parents;
- considération spéciale pour les familles monoparentales recevant de l'aide sociale;
- augmentation des bourses destinées aux étudiants célibataires qui ne sont pas à la charge de leur famille;
- augmentation des fonds destinés au Régime de bourses spéciales de l'Ontario et au Régime travail-études de l'Ontario;
- remise d'intétêt sur les prêts consentis par la province.

Qu'est-ce que ces changements signifient pour moi?

- hausse de la moyenne de la bourse;
- des bourses plus élevées et des prêts moindres, donc une dette moins lourde à rembourser une fois vos études terminées.

Où puis-je obtenir plus de détails?

Contactez le bureau de l'aide financière de votre campus.

Comment puis-je bénéficier du RAFEO?

Vous pourrez vous procurer le formulaire de demande du RAFEO pour l'année d'études 1987-1988 au bureau de l'aide financière de votre collège ou université, au début d'avril.

Ministère des Collèges et Universités
Ontario
Gregory Sorbara, ministre
Alan K. Adlington, sous-ministre

RAFEO

Sports

Chuck Maclean tries his best to finish as many situps as he can in one minute while Mizette Critelli, athletic assistant, holds his legs. The situps are just on of the four areas of the fitness test Judy Halaiko, athletic assistant, gives to students. The purpose of the situps is to test muscular strength and endurance and a rating of poor to excellent is given. Students can contact Judy in the athletic department for more information on the fitness test.

Photo by Donna Morrison

Demand for physical fitness, athletic department can help

By WENDY KUDEBA
Staff Writer

Fitness testing being done by the athletic department has had a slow start so far, but more people are slowly taking advantage of it.

"There is a demand for people to know exactly what physical shape they are in," said Judy Halaiko, who is doing the testing with the help of Mizette Critelli. Both are staff members in the athletic department.

The test evaluates five areas of fitness: cardiorespiratory endurance, body weight composition, muscualar strength and endurance, and flexibility.

Weight composition is checked by doing a fat calliper test. The skin of two areas of the arm and the side of the stomach is gently pinched with an instrument to check the thickness of tissue. The amount of body fat is then determined and ideal body weight calculated.

Cardiorespiratory endurance is tested with a step test. Those being tested step up and down two steps as if they were climbing and descending stairs. It is done in time to music in three-minute stages. After each stage, the pulse is taken; if it is not too fast, people are allowed to continue. Each three-minute stage increases in tempo.

DETERMINE OXYGEN

From the results of pulse rate and blood pressure taken at the end of the test, maximum oxygen uptake or MVO2 is determined. The MVO2 determines how much oxygen is used compared to how much is taken into the lungs.

Muscular strength and endurance are tested by having people do the maximum number of situps in one minute and of pushups possible with no set time limit.

Lastly, flexibility is tested by having people sit down and stretch their fingers past their toes. The distance is then measured in centimetres.

After each section is completed, rating from excellent to poor is determined and an evaluation given of where the person rates in age group for fitness. Counselling tells people what they can do to improve their level of fitness or, if already fit, to maintain their present level.

Testing is done individually by appointment. The cost is $5 for students and $10 to teachers or the general public.

Judy decided to begin the test because it successfully worked at a college where she was previously employed. The main objective of the test is to give "an excercise program prescription according to the age and style of living" of the person taking the test.

Anyone wanting to take the test should contact Judy at ext. 794.

Basketball coaching may go to Rylander

By RANDY CONLON
Staff Writer

Peter Rylander is a busy man.

Between his job as co-ordinator of athletics and teaching physical education classes throughout the week, he has barely enough time to spend with his family. But when varsity basketball coach Steve Holman was dismissed as coach, Mr. Rylander stepped in and took the job. The job as coach for the remaining four games took more time out of his life than did his responsibilities as co-ordinator and teacher.

Mr. Rylander has been at Niagara since 1969. As co-ordinator, "I am ultimately responsible for four areas in athletics — intercollegiate athletics, intramurals, recreation and teaching." The job as co-ordinator fluctuates, depending on the time of the year. "In May, we have to plan for next year so that when we come back at the end of August everything is prepared for us. We're really busy in May."

Workload

As a teacher, the workload is a little lighter. Mr. Rylander and his three other athletic faculty members share 35 to 40 hours per week in teaching duties.

The father of two is now forced into making a decision between coaching the men's team, or hiring a new coach. The decision is not easy. Mr. Rylander said he honestly does not know whether he will coach next year. What will sway him will be the time it takes. "With a varsity sport, it goes from September right through until March, five nights a week. That's a lot of time."

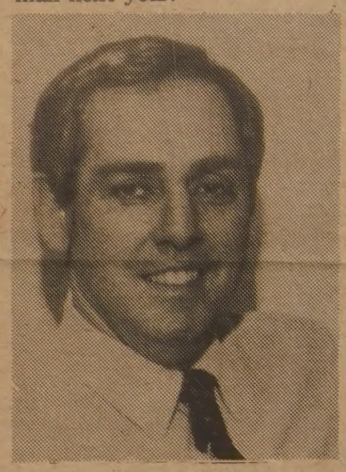
On the other hand, he said, " If I start looking for a new coach now, I could probably find a good coach." And on re-hiring last season's coach Steve Holman, he said, "The players come first and it would depend on how the players felt. It would have to be a total commitment on Steve's part."

Mr. Rylander is a favorite of the players. Guard Paul Blakely said, "When Mr. Rylander took over as coach, he brought incentive to the team; he is a good team coach." Paul said it seemed that everyone on the team liked him. "I'd like Mr. Rylander to come back and coach next year. We'd be much more competitive because he knows what each player is capable of."

Spirit

Second-year forward Larry Bone said the change in coaches created a better atmosphere for the team. "With Mr. Rylander as coach, it seemed to have picked up the spirit of the team. Everybody respects him as a coach, and that respect seemed to make everybody work that much harder. It would be a great thing if Mr. Rylander coached us next year." Larry guaranteed a successful season with Mr. Rylander as coach.

Whatever decision Mr. Rylander makes, it will be based upon what is best for everybody. Without a doubt, athletic co-ordinator Peter Rylander will again be a busy man next year.



PETER RYLANDER

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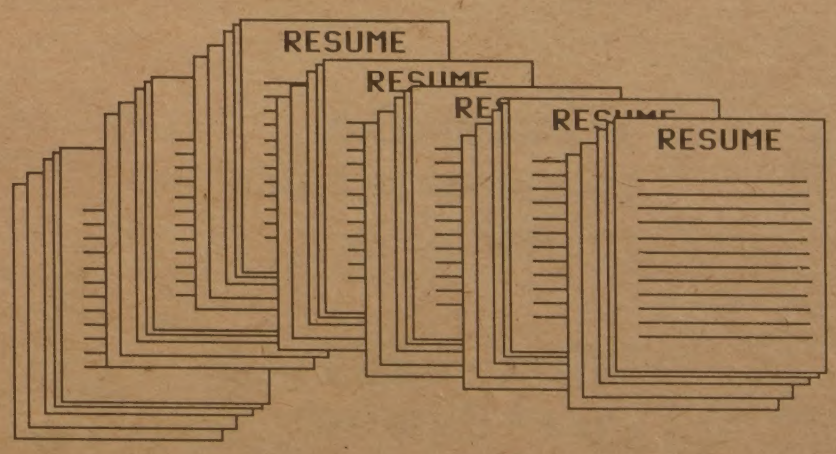

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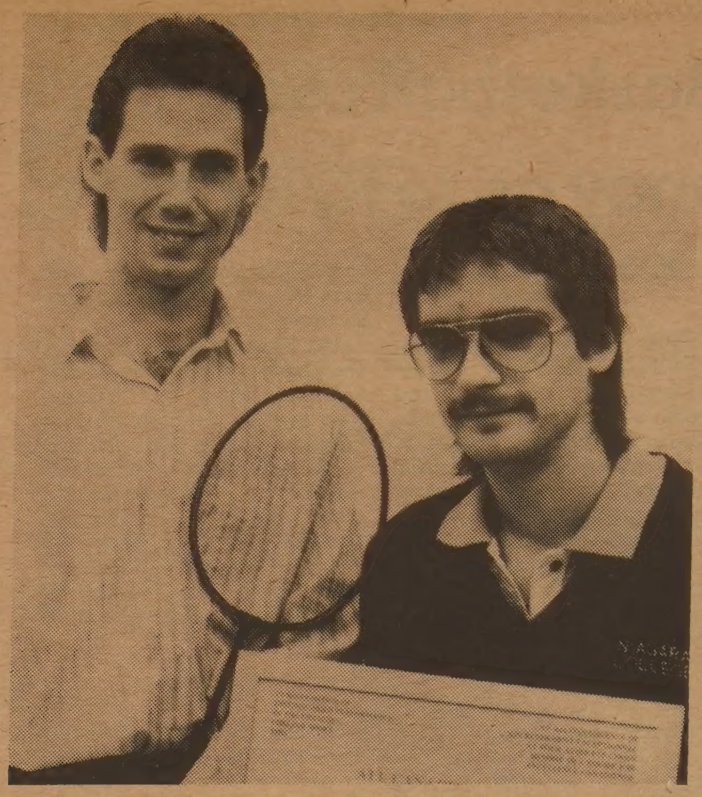

MARK NELSON and TOM PEAT

From Page One

Badminton

A round-robin competition was held March 19-20, in which all teams competing played one another once. Tom and Mark played two teams from the host province, Alberta, and teams from British Columbia, Quebec, Nova Scotia, and Saskatchewan. The end result: a 6-0 record.

"The rallies were long, but they were in control," David said.

Shelly Birnie, from Northern College, won a silver in ladies' singles; Brad Paul and Wendy Mabson, from Mohawk College, won the gold in mixed doubles; Jenny Bird and Maria Fraser placed fifth in ladies' doubles; and Pierre LeBlanc, "known affectionately as Black Jack Shellac," placed fifth in men's singles.

PROUD OF ALL

"I'm very proud of them all," David said. "They performed well under pressure."

A trip to the huge Edmonton Mall was planned for March 18 — after a day of practice for all teams competing — to get all the players relaxed for the championships.

No interest on loans for students

Ontario Ministry of Skills Development has put out a pamphlet containing the guidelines and application to be your own boss this summer.

Interest-free loans up to $3,000 will be given to eligible students who wish to plan and operate their own summer business venture.

Program Start Up is funded by the ministry in co-operation with the Royal Bank of Canada and the Ontario Chamber of Commerce.

To be eligible a person must be a full-time student in the fall of 1987, over 15 years old and eligible to work in Canada.

Business activity must be carried out between April 1 and Oct. 1. The business must be in Ontario and under the ministry's definition of independent. The loan must be paid back by Oct. 1.

Interested students can pick up the Start Up pamphlet at local Canada Employment Centres for students.

Beautify your neighbourhood. Get out on the street. Take a walk.

PARTICIPACTION®
The Canadian movement for personal fitness.

Crisis management ensures safety

By BARBARA HORNING
Staff Writer

Verbal and physical crisis can be handled by people with the proper techniques, Saro Stranges, a Niagara College graduate, told about 30 educational resources and special needs students last week.

He graduated Niagara College from the Developmentally Handicapped Services program. He has been supervisor of Westwood Residence for the Mentally Retarded in Welland for 13 years.

Mr. Stranges told the students that non-violent crisis intervention ensures the safety of people in a home residence and other workers facing an attack or assault. The course, which he teaches, is taken by people working with those who may be mentally disturbed or mentally retarded.

In a physical crisis, a worker may be punched, kicked, or choked, and must learn to restrain the attacker with a wrist hold or other techniques, Mr. Stranges said. In the verbal crisis, a loss of control leads to screaming, yelling, and sometimes fighting.

"I teach how to get them back into control," Mr. Stranges said. "The techniques don't involve any pain."

IT WORKS

This is a successful technique for work places. Instructors are positive in their approach, and more people are being trained.

Bev Brown, ERSN teacher, invited Mr. Stranges to talk with her class after students on placement in homes for the mentally retarded said they wanted more information about the techniques.

The course started through Crisis Prevention Institute in Milwaukee about eight years ago, and came to Niagara Falls last year.

Mr. Stranges took the "non-violent" course four years ago, and liked it so much he taught it to his staff.

He has been a certified instructor for one year, and has taught two night courses, about 30 students total, through Niagara College's continuing education program.

"I enjoy it," he said.

The course has been at Niagara College for about six months.

This non-violent technique may be used in psychiatric nospitals, children's hospitals or women's crisis centres.

"It's neat," Debbie Balanowski, second-year student, said.

Classified

After finals go to Florida with Penrod's Party Tours! Daytona's Plaza Hotel from $229 CDN, Ft. Lauderdale from $299 CDN. Call Chris Shaver at 1-549-1866.

THE NEED NEVER CHANGES
St. John Ambulance

OSAP improved for 1987!

The funding allocated to the Ontario Student Assistance Program (OSAP) for the 1987-88 academic year has been increased by 17%.

What are the major changes?

- increased living allowances;
- smaller contributions from parents;
- a special grant package for sole-support parents;
- increased grants for single independent students;
- increased funding for the Ontario Special Bursary and Work Study programs;
- interest relief on provincial loans.

What do the changes mean to me?

- increase in average grant assistance;
- larger grants mean smaller loans and a reduced debt when you graduate.

Where can I get more details?

Contact your financial aid office on campus.

How do I apply?

OSAP applications for the 1987-88 academic year will be available from the financial aid office of your college or university in early April.

Ontario Ministry of Colleges and Universities

Hon. Gregory Sorbara, Minister
Alan K. Adlington, Deputy Minister

OSAP